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THINGS YOU NEED TO KNOW

GUNMAKER: LAWSUIT BY NEWTOWN MASSACRE FAMILIES IS OVERREACH

The maker of the assault rifle used to kill 26 children and educators at a Connecticut school in 2012 argued that attempts to limit the sale of such weapons to civilians are best left to lawmakers and not families of the victims who sued the company. A lawyer for Bushmaster Firearms, which manufactures the AR-15 that Adam Lanza used in his attack on Sandy Hook Elementary School, told a Connecticut judge the 2005 federal Protection of Lawful Commerce in Arms Act prohibited the suit. "It's not the role of this court or perhaps a jury to decide whether civilians as a broad class of people are not appropriate to own these kinds of firearms," James Vogts, an attorney for Bushmaster's parent company, Remington Arms, told a courtroom so packed that more than a dozen spectators were watching the hearing standing in a hallway outside the court. **REUTERS**



LAWYER: TEXAS 'AFFLUENZA' MOM HAS CURFEW EASED

The mother of the Texas "affluenza" teenager had her curfew eased, her attorney said on Monday, in her first court appearance since being charged by a grand jury last month with helping her son flee to Mexico. Tonya Couch, 49, was indicted by a Tarrant County grand jury on charges of hindering apprehension and money laundering for aiding her son Ethan Couch in violating a probation deal that kept him out of jail for killing four people while driving drunk in 2013. The curfew easing came at a hearing that lasted a few minutes before a district court judge. Her lawyer said after the session that the change will make it easier for her to find a job. He did not provide other details on the curfew. **REUTERS**

TRUMP'S CAMPAIGN MANAGER LEAVES STAFF

Donald Trump's presidential campaign manager has left, a Trump spokeswoman said on Monday, a further disruption to a campaign already at odds with senior Republican Party figures over his policies. The New York Times said Trump had fired Corey Lewandowski, citing two unnamed people. Lewandowski, who had managed Trump's campaign since it began last year, did not immediately respond to requests for comment. A person working for the campaign told Reuters that some staffers were only learning of the departure through media reports. "The Donald J. Trump Campaign for President, which has set a historic record in the Republican primary having received almost 14 million votes, has today announced that Corey Lewandowski will no longer be working with the campaign," Hope Hicks, the campaign spokeswoman, said in a statement. **REUTERS**



Gardeners pelted by construction site debris want back in

A compromise was reached Monday to let local gardeners get back to their plants after the garden was locked up due to falling debris from nearby construction.



SAM NEWHOUSE
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Gardeners who tend to their veggies at a shared community garden along the Schuylkill River off of Spruce Street in Fitler Square had a nasty surprise on Friday when they found a padlock separating them from their plants.

The Center City Residents Association (CCRA) locked up the Schuylkill River Park Community Garden at 25th and Spruce streets two months after reports started coming in that debris was falling from the nearby construction of Dranoff Properties' One Riverside Park, a new 22-story, 82-unit luxury condominium building in the Fitler Square neighborhood.

"Random crap has flown off the place," said Al Kelman, 72, a "mostly retired" gardener who has been growing tomatoes, herbs and hot peppers in the garden for 19 years. He said he found a two-by-four with a nail poking out in his lot.

"It's crazy. ... It's a building designed by Dranoff that comes incredibly close to the edge of the garden," he said.

Items reportedly started falling into the garden in April, such as a wood board, plastic tubing, nails, stones and gravel. The city's Department of Licenses and Inspections found no safety code violations on the site, but after a series of meetings, the CCRA elected to lock up the garden.

On Monday, during a



Construction debris has been falling onto the Schuylkill River Park Community Garden. **CHARLES MOSTOLLER**



CCRA meeting in Trinity Memorial Church, a compromise was reached. Representatives of INTECH construction offered to build a fence blocking off a northeastern section near the construction site, while gardeners tentatively agreed to not use the garden during construction hours, from 7 a.m. to 3:30 p.m. on weekdays.

"We are 100 percent committed to making this garden safe. We know it's a major inconvenience to have construction next to your garden," said Andrew O'Donnell, INTECH project director.

"During working hours, I can't sit here and tell you 100 percent that someone's not going to drop a two-by-four. There's always human er-

ror," he said. "I wouldn't feel comfortable bringing my kids up against that building during construction hours."

The building's window wall on the south side will be completed by Labor Day, O'Donnell added, ending the risk of falling debris.

A CCRA task force is finalizing the agreement and acknowledgement of risk form gardeners will be asked to sign. The garden is expected to reopen late Wednesday or early Thursday, said CCRA president Chuck Goodwin.

The garden is in high demand. The wait list for a six-year lease on one of the plots in the garden is about 50 people long, an estimated two to three years.

"We don't have a backyard. Being able to go a short distance from home and grow produce is really important to us," said Jim Wells, a member of the garden's steering committee.

Gardeners don't just grow food for themselves. About half the plots are reserved for City Harvest, and gardeners are encouraged to donate any excess vegetables.

The garden donated about 1,100 pounds of produce to City Harvest last year.

For the 86 leaseholders who use the garden, any delay reopening the garden is feared to have a detrimental effect on their gardens during the current heat wave.

"We all take gardening very seriously," said Kelman, who expressed concern that his veggies might die over just a few days.

To resolve that concern, a skeleton crew from the garden steering committee has been watering all the plots in the garden since it was officially closed.

"We're praying for rain," Wells said.

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Passengers boarding a SEPTA train in Philadelphia. GETTY IMAGES

Major changes to SEPTA interrupt Delco commutes

Media/Elwyn line commuters beware.

ALEXIS SACHDEV
@MetroPhilly
letters@metro.us

Regional Rail riders on the Media/Elwyn line on Monday started to experience a major interruption in their commutes.

SEPTA is replacing all train service between the Elwyn and Swarthmore stations until Sept. 4, the transit service announced. The shutdown, which includes the Media, Moylan-Rose Valley and Wallingford stations, will allow for construction on the Crum Creek Viaduct to begin.

Shuttle buses will replace all train service for these stations on weekdays and weekends.

There will be express service from Elwyn to Swarthmore for customers traveling into Center City from 5:16 a.m. to 8:09 a.m. After 8:09 a.m., shuttle buses departing Elwyn will stop at Me-

dia, Moylan-Rose Valley and Wallingford before arriving at Swarthmore; passengers can transfer to Regional Rail trains to complete their commute into the city.

In the opposite direction, trains will travel to Swarthmore Station, where passengers can then transfer to shuttle buses, which will make stops at the four closed stations.

NBC10 reported that some 1,600 passengers will be affected.

As part of the Rebuilding the System Program, SEPTA has been working to replace the 925-foot-long, 100-foot-high bridge at the Crum Creek Viaduct. It was initially constructed in 1895 and repaired in 1983. Construction on the \$89.9 million project began in winter 2015, and isn't expected to wrap up until next summer.

City to spruce up Broad Street for the DNC

The city's main drag is getting a splash of color for this summer's Democratic National Convention.

Beautification projects along North and South Broad streets announced Monday will give delegates and politicians visiting Philadelphia for the DNC this July a special treat, in keeping with Mayor Jim Kenney's stated mission to "sell" Philadelphia to visitors.

South of City Hall along Broad Street on the road to the Wells Fargo Center, where the main convention events will be held July 25-28, a mile-long mural on the central median "will serve as a vibrant gateway between City Hall and South Philadelphia," the DNC Host Committee said in a press release.

The mural, "14 Movements: A Symphony in Color and Words," was created by Tyler School of Art grad Mat Tomezsko. The mural, painted on vinyl ground covering, will stretch a total of 14 blocks. Installation began Monday and is expected to last a month. The Knight Foundation is supporting the project.

Meanwhile, Broad Street



between Race Street and JFK Boulevard will be rehabbed as well. Between City Hall and the Convention Center, 52 planters will be installed on both sides of the street.

Reyburn Plaza, located around the Municipal Services Building will get new greenery, streetscape improvements and turf restoration.

Lastly, a new red, white and blue lighting array will illuminate the south side of City Hall. Center City District will install the project.

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Cops: Two heroin dealers arrested in Philadelphia



Felipe Fontanez-Burgos, left, and Santos Javier Alvarez-Ruiz. ATTORNEY GENERAL'S OFFICE

Two alleged drug dealers from Philadelphia were arrested in connection to a drug-dealing operation ring, the Pennsylvania attorney general announced Monday.

Santos Javier Alvarez-Ruiz, 38, and Felipe Fontanez-Burgos, 42, were found in possession of more than 250 grams of heroin, which included 3,660 small packages intended for widespread distribution, about \$6,000 in cash, and drug paraphernalia consistent with a heroin distribution operation, Attorney General Kathleen Kane's office announced Monday. The roughly 250 grams of heroin seized has an approximate street value of \$85,000.

The arrests are the culmination of an investigation conducted by the Office of Attorney General's Bureau of Narcotics Inves-

tigation. Agents, believing drug transactions took place at Alvarez-Ruiz's residence, set up surveillance at his home.

According to agents, Fontanez-Burgos drove to the residence, entered and later left carrying a black trash bag. Fontanez-Burgos' car was later stopped near Summerdale Avenue in the Oxford Circle area of Northeast Philly; the suspect was found in

Many of the items had a white powder residue, investigators said.

Alvarez-Ruiz, of Mayfair, and Fontanez-Burgos, of Oxford Circle/Castor, were arrested June 10, and are both charged with one count each of manufacturing, delivery or possession with intent to deliver a controlled substance, criminal use of a communication facility, criminal conspiracy, possession of a controlled

substance and possession of drug paraphernalia.

"Heroin has destroyed countless lives across Penn-

sylvania," Kane said. "We will use the resources of our office to target dealers large or small, and to let them know there will be severe consequences for the people dealing this poison." The investigation is ongoing, and additional arrests are anticipated.

ALEXIS SACHDEV

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STREET VALUE OF THE SEIZED DRUGS

possession of heroin packaging materials, including thousands of blue paper packets, investigators said.

A search of Alvarez-Ruiz' residence led to the seizure of the approximate 250 grams of heroin, as well as a scale, grinders and a strainer.

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Amish PAC wants to get 'plain voters to the polls' for Trump

They could make or break this election by tipping the scales for Republicans in Pennsylvania and Ohio.



ALEXIS SACHDEV
@MetroPhilly
letters@metro.us

The Amish didn't watch Donald Trump during the debates, and they aren't reading his tweets. They also don't usually cast ballots, as it's strongly discouraged among their community, but that's not stopping a new political action committee from getting out the vote for Trump.

Amish PAC's website says it's the "first super PAC dedicated to getting

plain voters to the polls," using the term "plain" to refer to the Amish people and their lifestyle. But instead of airing smear campaign commercials or spreading anti-Hillary Clinton rhetoric on Fox News, Amish PAC is going old school with newspapers and billboards.

The two-pronged approach has one purpose: to bring a tiny but deeply conservative bloc of voters to the polls in two key states, Ohio and Pennsylvania.

According to the committee, each state has about 60,000 Amish residents. Even a small jump in Amish voter turnout — 5 percent, the

group says — could be the difference between a Republican and Democratic president come January.

If Trump and the "plain people" seem

pacifism and nonresistance.

That said, when the Amish do cast their ballots, they vote for their individual rights, less government and to pro-

ports. Ben Walters, a former Amishman of Lancaster, is a former fundraiser for the pro-Carson 2016 Committee and now serves as fundraising counsel to Amish PAC.

The committee is against same-sex marriage and wants to protect religious freedom and gun ownership rights, spokesman Ben King told Newsworks.

"The Amish are a very conservative community on all the issues of the day," said King. "It comes down to who's going to most allow the country to function like it has functioned. The Amish might not agree with the personality

and character of Donald Trump, but the alternative is far worse."

Church elders often discourage its members from participating in voting, as it's viewed as a modern practice in Democratic society, and allegiance should be pledged to the church above all else.

But Jeremiah Raber, a former "Breaking Amish" cast member, told PennLive the Amish will definitely be voting this year.

"I can promise you this time around the Amish will be out in full force voting for a president," Raber said. "And I can almost guarantee you that the Amish will be voting for Donald Trump. Because they vote for what is right."

In 2004, George W.

"And I can almost guarantee you that the Amish will be voting for Donald Trump. Because they vote for what is right."

Raber

like strange bedfellows, they're really not.

The Amish and other Anabaptist groups endorse basic Christian beliefs, but have been shaped by a "martyr tradition," according to Elizabethtown College. They preach loving their enemies and forgiving insults, practicing

protect their right to bear arms, the committee says.

Amish PAC has deep ties to the Republican Party. It was founded by an alumnus of a pro-Ben Carson super PAC, an ex-Amish donor to that super PAC and an employee of Gingrich Productions, NBC News re-

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An Amish man drives his carriage past a Trump political sign. GETTY IMAGES

Bush visited Lancaster County, Pennsylvania, and Holmes County, Ohio, in an attempt to woo Amish and Mennonite voters in his re-election bid.

Roughly 43 percent of Holmes County Amish were registered to vote in 2004; only 13 percent

actually did so, with the majority selecting Bush.

That fall, about 10,350 Amish adults in Lancaster County were eligible to register and vote. One-tenth of those, about 1,342, actually voted, according to PennLive — the majority of whom supported

Bush.

But Bush also famously squeaked by Al Gore in 2000 with a mere 537-vote margin. So to Amish PAC, registering even 1,000 voters and helping them get to polls could make or break Trump's campaign.

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BRIEF

Fed internal watchdog to study oversight of cybersecurity at banks

The Federal Reserve's internal watchdog plans to study how well the central bank is overseeing cybersecurity practices at financial institutions, the U.S. central bank said on Monday.

The Office of Inspector General at the Fed's Board of Governors plans to release the audit in the fourth quarter, the OIG said in a report on current and upcoming projects.

Fed Chair Janet Yellen is due to appear before a U.S. Senate committee on Tuesday and will likely face questions about cybersecurity breaches involving the central bank.

U.S. lawmakers have asked the Fed's New York branch for information about how cybercriminals stole \$81 million from a New York Fed account held by the central bank of Bangladesh.

Lawmakers are also probing the Fed's own cybersecurity practices after a Reuters report revealed more than 50 cyberbreaches at the Fed between 2011 and 2015.

"The growing sophistication and volume of cybersecurity threats presents a serious risk to all financial institutions," the OIG said in its report. **REUTERS**

Firefighters hold California 'sleeping giant' wildfire in check

The more than 1,900 firefighters battling the Sherpa Fire were laboring under scorching heat that has led the National Weather Service to issue an excessive heat warning for California, Nevada and Arizona.

A stubborn wildfire stoked by triple-digit temperatures blazed for a sixth day outside Santa Barbara in coastal Southern California on Monday as crews worked to keep the blaze some have called a "sleeping giant" in check, officials said.

So far, the so-called Sherpa Fire burning in chaparral and tall grass about 20 miles northwest of Santa Barbara has led to the evacuation of hun-



Cars drive on the 210 freeway in Pasadena, California, as smoke rises in the San Gabriel Mountains northeast of Los Angeles in the Angeles National Forest. **GETTY IMAGES**

dreds of residents from ranches and campgrounds in the hilly area.

Authorities have considered allowing at least some of those people to return to their homes as they assess a blaze that overnight held at less than 8,000 acres, said Jim Schwarber, a spokesman for the multi-agency team combating the blaze.

The fire, which broke out last Wednesday in

the Los Padres National Forest and is 54 percent contained, has been called a "sleeping giant" due to the triple-digit temperatures and bone-dry brush in the area, which has not burned in decades, he said.

"We're working hard to keep that giant contained so it doesn't wake up," Schwarber said.

So far, the blaze has destroyed only one building — a water-treatment

center at a campground, he said.

But it has threatened more than 200 structures and forced officials to close the 101 Freeway near the coast of the Pacific Ocean periodically as it has advanced to within less than a mile of the shore.

"Red flag warnings" for extreme fire conditions were in effect for mountains around Los Angeles on Monday, said National

Weather Service meteorologist Matt Solum.

About 200 miles to the south of the Sherpa Fire, firefighters were battling a smaller blaze that started on Sunday in San Diego County near the border with Mexico.

The wildfire just north of Tecate, Mexico, had charred more than 1,900 acres (769 hectares) and was only 5 percent contained on Monday, according to the website of the California Department of Forestry and Fire Protection.

Two states away, the so-called Dog Head Fire in a largely unpopulated area of central New Mexico was at more than 17,000 acres with 9 percent containment on Monday, after the blaze destroyed 24 homes soon after breaking out last week, according to the tracking website InciWeb.gov. **REUTERS**

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Full Orlando 911 transcript released; gunman pledged allegiance to Islamic State

The U.S. Justice Department and the FBI on Monday released what they said was the complete transcript of the phone conversation between the Orlando, Florida, shooter and 911 police operators as he threatened to strap explosives to his hostages.

The release of the full transcript came a few hours after the FBI had issued an edited transcript of the calls.

In the full transcript, the gunman, Omar Mateen, is quoted pledging allegiance to Islamic State leader Abu Bakr al-Baghdadi.

Mateen, 29, killed 49 people at a gay nightclub in Florida on June 12, in the deadliest mass shooting in modern U.S. history. He threatened to detonate a car rigged with bombs and to strap hostages into explosive



People visit a memorial down the road from the Pulse nightclub. GETTY IMAGES

vests, according to transcripts of the 911 calls he made while police tried to rescue people trapped in the club.

The FBI and Justice Department said they had released a redacted transcript of the conversations because of sensitivity to the interests of survivors and victims' families, and the integrity of the investigation.

But the first transcript led U.S. House of Representative Speaker Paul Ryan and other politicians to call for the release of a full transcript

after a political battle over gun violence brewed in the U.S. Congress.

Mateen's conversations with a dispatcher and crisis negotiators were made public as police sought to fend off criticism that they may have acted too slowly to end a three-hour standoff at the Pulse nightclub in Orlando.

"You people are gonna get it and I'm gonna ignite it if they try to do anything stupid," Mateen said during one of the calls, according to the FBI transcript. REUTERS

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Is there a new Bling Ring?

Sometimes life imitates Sofia Coppola movies ... right? Recently there's been a spate of high-end Hollywood burglaries, which saw jewelry and large sums of cash swiped from the homes of the rich and famous, namely Kevin Hart, Chris Brown, Scott Disick and Blac Chyna. Now law enforcement officials are telling TMZ that the thefts might be connected — that it might be copycat burglars who themselves are stealing an idea from the original "Bling Ring," the group of youngs who nicked goods from Paris Hilton, Orlando Bloom, Lindsay Lohan and more back in 2008 and 2009. Their exploits were chronicled in Coppola's 2013 film, and

maybe a new group of kids saw that and thought getting busted and milked for an art movie was a solid idea. Or maybe there is no new Bling Ring and this is all a coincidence. Either way, you should watch Sofia Coppola's underrated motion picture "The Bling Ring."



ALL PHOTOS
GETTY IMAGES

Maxim criticized for Photoshopping Priyanka Chopra's armpits

Actress Priyanka Chopra looks flawless on Maxim India's June/July cover, but it seems as though the editors beg to differ.

When the cover image was released, the focus wasn't on the actress, named "The Hottest Woman in the World" by the lad mag, but on her silky smooth armpit, which, truth be told, looks totally unrealistic and almost doll-like. The Photoshop move has us wondering,



PRIYANKA CHOPRA/INSTAGRAM

what exactly was wrong with Chopra's armpit? Is this the expectation for the perfect armpit? How much Nair do we have to use for our armpits to look like that?

While Twitter users agree Chopra is abso-

lutely stunning, they were enraged with the magazine for "white-washing" the actress' pits.

Neither Chopra nor Maxim have addressed the allegations about the edited armpit.

Will Liam Payne be the next father in 1D?

One Direction member Liam Payne is ready to start a family with girlfriend Cheryl Cole, according to reports.

The 22-year-old singer has been dating Cole for about eight months. And according to The Sun, he and the former "X Factor" judge are ready to take their relationship to the next level.

The U.K. tabloid has revealed that the two are reportedly trying for a baby, which would make Payne the second member of One Direction to become a parent — earlier this year, Louis Tomlinson's ex-girlfriend Briana Jungwirth gave birth to a baby boy named Freddie.

We know we're jump-



ing the gun, but we're hoping that fellow boy band members Harry Styles and Niall Horan

join in on the baby bonanza soon, because nothing would be cuter than a 1D group playdate.



@michelleisawolf
Someone tell these athletes to work on their cry face.



@ddlovato
Holy shit banana tic tacs?!? So good

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Yo-Yo Ma wants to build bridges, not walls

With the doc "The Music of Strangers," the legendary cellist is sending good vibes.



MATT PRIGGE
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"I can be really nasty," Yo-Yo Ma confesses with a laugh. This is not what one would expect. He's one of the world's most renowned cellists — a child prodigy who, at 60, has long been enshrined as a legend. He has 18 Grammys to his name. But like most serious musicians, he's far from severe.

His warm and amused demeanor doesn't change even when we talk about something serious. Ma is here, with "20 Feet from Stardom" filmmaker Morgan Neville, to talk about "The Music of Strangers," a new documentary about the Silk Road Ensemble, which he formed in 1998, comprised of musicians from all over the world.

For both Ma and Nev-



Yo-Yo Ma and the Silk Road Ensemble are the focus of Morgan Neville's doc "The Music of Strangers," in theaters now. The outfit's new record, "Sing Me Home," is available from Sony Masterworks. THE ORCHARD

ille, the Silk Road Ensemble and the film about them were born out of a need to not just grow as artists, but use their art to change the world.

One way to do that: Just as the film shows people from all over the world collaborating, it could inspire others to see past superficial differences, particularly as bigotry and isolationism are being preached by a certain

presidential candidate.

"Given the present environment, I think we're finding that, in fact, people can collaborate together if they share values — if they have respect for one another, for what the other person does, and the willingness to be generous," Ma explains.

"One thing I've thought about as we started to screen the film is how much the work

Yo-Yo does is about empathy," Neville says. "He's tried to use music to make friends, not strangers, out of people. These foreign cultures that get demonized in our media, he's tried to make them human."

In a way, Ma understands some people's reluctance to cross-cultural gaps.

"We're living in a world that we all ac-

knowledge is changing so quickly, and very few people can keep up with that pace of change," says Ma. He points to how even something like Uber can be scary: It creates new paradigms or dramatically alters, if not reinvents, industries. "It's about change and disruption — which is good up to a certain point. But then how do people deal with change?"

"For some people change makes them very fearful. One reaction to fear is to protect yourself. You form smaller communities, you build walls, you create some kind of distance between you and the other. That actually goes contrary to human nature. The other part of human nature is to open up, to be hospitable. One of the things we were trying to do together was to

show that the antidote to fear is generosity. I don't mean to be saccharine, but the opposite of fear is love."

The mission of the Silk Road Ensemble doesn't end with the movie.

"We're building bridges, not walls. It's that simple," Ma says. "If we choose to be open and communicative, we'll actually have access to everyone's strengths. That will make for the strongest communities in the world."



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SE HABLA ESPANOL

Tom Kehoe of Yards on Brews Cruises and the next big thing in beer

Read more at
metro.us



Tom Kehoe of Yards looks forward to the next Brews Cruise. PROVIDED

when imports started coming in, it was very readily accepted by the restaurants and distributors here.

What is your favorite beer to drink in the summer?

Summertime for me, it's definitely Philadelphia Pale Ale. I also love the saison, it's our Belgian-style. Your mood changes when the warmer weather hits. The lighter beers are so much nicer to drink. When it's cold out I definitely go for the darker ones.

You guys have a whole line of beers dedicated to the Founding Fathers. Which Founding Father do you relate to most?

I'd have to say Thomas Jefferson and not just because his first name is Thomas! [Laughs] He was an innovator and was constantly thinking about where the country is going. I try to think about where is beer going. What's the next fun thing that people are going to jump on? That's what we try to do at Yards.

So what is the next fun thing in beer?

Beer is going to come back to some of the simpler beers. The pilsner and the lighter pale ales are going to be the beers people are going to gravitate towards.

For more info on the Yards Brews Cruises, visit spiritchruises.com

The Philadelphia-based brewery sets sail with monthly beer cruises through October.



JENNIFER LOGUE
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jenniferlogue@metro.us

What's better than a cruise in the summertime? A beer cruise, mateys — that's what. Philadelphia's own Yards Brewing Co. has teamed up with Spirit of Philadelphia for a beer cruise that sails once a month from June to October, featuring popular Yards brews. Guests will enjoy an open beer bar and a Brews Cruise Dinner Buffet, all while taking in gorgeous views the city skyline and the Ben Franklin Bridge. We chatted with Tom Kehoe, founder of Yards

Brewing Co., on the fun collaboration as well as what's the next big thing in beer.

How did you get your start brewing beer?

I started making beer in my dorm room in college at Western Maryland College, which is now McDaniel. We found a beer making kit and wanted to see if we could do it. It was fun. It turned out decent, at least we thought so at the time! [Laughs]

What led you to make beer your business?

We went to a brewery to visit in the late '80s. It was such a great experience, and we saw that it was a lot like how we were making it at home. I started working for this brewery and realized this

is what I really wanted to do. Eventually, I ran up my credit card and got my equipment.

Why the name Yards?

The company we worked for was the British Brewing Co. The style of beer we really liked was English Ales and we wanted a name that was very British or English and we thought of Scotland Yard. It took three years for us to get a location, but we started calling ourselves Yards during that time.

Why is Philly such a great beer city?

We were the beer place of American before Milwaukee. Back then, people weren't drinking soda. They were drinking beer on their lunch break. It was really rooted in this town. Then



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Celebrate the Solstice with Molestice

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JENNIFER LOGUE
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For over 35 years, the residents of the 100 block of North Mole Street have celebrated the summer solstice with a day-long block party called Molestice. Beginning in 2011, Philly-based experiential marketing and branding agency Mole Street took over its production — expanding it to a full-scale music festival while retaining its homegrown roots. Last year more than 1,500 art supporters attended the free event, and this year more than 3,000 are expected.

Mole Street principal and co-founder Brendan Walsh says: "Our agency is proud to be carrying on the tradition — highlighting amazing local and regional music talent."



Brian LaPann, left, and Mitch Beer, right. DAVE WADDELL

Performers this year include Weekender, Muscle Tough, The Brian LaPann Band, Pimps of Joytime and Chill Moody.

"I've been a fan of the Mole Street brand for a couple of years now," Chill says. "I like how their team operates. I am happy they reached out for me to be part of such a big event and I look forward to doing some 'nice things' up on that stage."

Brian LaPann, musician as well as a Mole Street co-founder adds: "It's a joy to be able to both perform and to carry the torch forward for Molestice 2016. I'm excited to play a new set of music and see Molestice continue to grow."

In addition to the music, popular food trucks like Chewy's, Lil' Pop Shop, Phoebe's Barbecue, Poi Dog, and The

Cow and the Curd will be on-site to feed the festival crowd. Fergie's Pub will be providing a selection of beer and wine for you to wash it all down as well.

"Molestice celebrates the solstice, which in turn celebrates light, energy and all things positive about the summer season," says Sean Timmons, talent buyer for Mole Street.

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Another easy ingredient that goes well in these bowls is plant-based proteins. Bro recommends throwing in a scoop of protein powder, nut butters or greens. ALL PHOTOS LINDSEY BRO



Spoon away your stress levels

Building blocks: "I chose cacao for magnesium, it's a calming agent," explains Bro. "Mint cools you down and pistachios [are full of] minerals — they reduce blood pressure and provide heart healthy fats."

- 2 Sambazon Pure Superfruit or Sambazon Performance Protein Superfruit Packs
- ¼ - 1/8 cup coconut milk
- 1 tsp cacao
- a few sprigs mint
- ¼ cup shelled pistachios
- 1 banana
- ½ cup frozen mixed berries

Toppings:

- gluten-free granola
- banana slices
- pistachios
- coconut shreds
- cacao nibs
- mint
- optional: raw honey

Cut your Sambazon Superfruit packs in half, break into blender. Add all other ingredients (except toppings), starting with a little liquid and adding more as needed. Blend thick. Stir to make sure everything's combined. Scoop into a bowl, top with gluten-free granola (or buckwheat), pistachios, fresh fruit and mint.

MAKE HEALTHY YOUR NEW HAPPY

Acai recipes for city living

This superfood will even soothe your hangover.



TINA CHADHA
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These day's green juices are as common as grande macchiatos. But what's up with the

whole smoothie-in-a-bowl trend?

Besides looking gorgeous in your Instagram feeds, acai bowls — a thick, purple concoction made with the superfood berry from the Amazon, and often topped with fruits, nuts and granola — boast tons of health

benefits.

"Acai, which looks like a giant blueberry, is naturally sugar-free, has omega fats, which is great for your brain and nervous system — and it's really high in antioxidants, which are great at fighting free radicals," says Lindsey Bro, creative director at

Sambazon, one of the largest producers of the Brazilian superfood.

Another selling point: It's the perfect canvas for your noshing needs. Acai's versatile flavor allows you to add in just about any ingredient you like, says Bro.

"Because it has no sugar, it has the ability

to go in a lot of different avenues of flavors," she says. "It can go toward mixed berries, [or] it can also taste like cacao. You can go savory or sweet or somewhere in between."

This doesn't mean you load up the bowl like you're at the topping bar of your

favorite soft-serve joint, however.

"Try to avoid tons of processed toppings [like sugary granola]," Bro advises.

To help keep us on the right track, we asked the expert to create three recipes to target common urbanite woes.

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Amp up your energy

Building blocks: "I used the Supergreens pack here because it doesn't have any added sugars, just servings of greens and vegetables," says Bro. "Yerba mate is a caffeine source derived from plants — it has a very sustained energy with no crash. And bacopa is an ayurvedic herb great for focus, brain health and the nervous system."

- 1 Sambazon Supergreens Superfruit Pack
- 1 cup cold yerba mate



- ¼ inch fresh ginger
- 1 tsp bacopa powder
- ½ avocado, pitted and scooped out
- 1/8-cup coconut shreds
- 1 banana

Put everything in a blender, blitz for 45 seconds, pour into a cup and enjoy. Top with a few shreds of coconut for looks.

Nurse your hangover

Building blocks: "Watermelon is superhydrating," says Bro. "And basil just tastes a bit like summer."

- ½ cup watermelon chunks
- coconut water ice cubes, as needed
- 1 Sambazon Original or Pure Superfruit Pack
- 2 basil leaves



Fill an ice cube tray with coconut water and freeze. Cut your Sambazon Superfruit pack in half; break into chunks in blender. Add watermelon pieces, coconut-water ice cubes and basil. Blend until combined, adding more ice cubes as needed. Pour into a glass, add a straw and enjoy.



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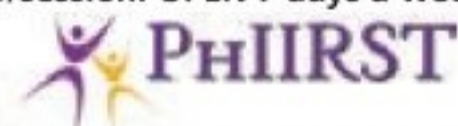
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Study: Long-term marijuana use doesn't affect your health

U.S. scientists confirm that gum disease is the only concern for those who like to get high.



DMITRY BELYAEV
Metro World News
letters@metro.us

The argument for cannabis legalization in the U.S. could be bolstered by new research, which found that long-term smoking has no negative effects on a user's health.

Scientists at Arizona State University recently discovered that smoking marijuana for up to 20 years is not associated with a raft of physical health problems.

The study, published in the JAMA Psychiatry journal, underlines one exception — the possible link to gum disease that results in major damage to the soft tissue and bone



A new study says that your pot habit might not be bad for your health. ISTOCK

supporting the teeth.

Scientists examined the habits of more than a thousand New Zealanders aged between 18 and 38. Of the sample group, 484 used tobacco daily, while 675 others smoked cannabis.

"Participants underwent physical health exams when they were 26

and 38 years old," study leader Madeline H. Meier said.

"We were able to test associations between cannabis use and a variety of physical health outcomes in midlife, including periodontal health, lung function, systemic inflammation and metabolic health."

Results have shown that those who smoked pot for up to 20 years had an increased likelihood of periodontal (gum) disease, putting them at risk of tooth loss. "By comparison, tobacco users showed poor periodontal health, lung function, systemic inflammation and metabolic health," Meier added.

Yet another finding made by scientists confirms that heavy cannabis users brushed and flossed less than others and were more likely to be dependent on alcohol.

"Our results should be interpreted in the context of prior research showing that cannabis use is associated with accidents and injuries, bronchitis, acute cardiovascular events, and, possibly, infectious diseases and cancer, as well as poor psychosocial and mental health outcomes," Meier concluded.

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FRANCO ANOTHER PHILS SUPERSTAR HEADING SOUTH

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Someone needs to get through to Maikel Franco. The sooner the better. Maybe Pete Mackanin can, although I'm sure the Phils manager has tried. Maybe Mike Schmidt, if Franco cares to listen to the top third baseman of all time. Maybe upper management needs to send a message.

But it's clear the 23-year-old needs a stern lecture — if not more. Because amid this dreadful June swoon of the Phils, the most worrisome aspect is the performance and approach of the player projected to be a centerpiece of

their future.

As the Phils have gone 3-17 since May 28, Franco is batting .164 with a paltry OPS of .525. His season-long production (.690) ranks 30th among Major League third basemen.

Consider the WAR metric, which weighs all of a player's contributions and measures them against a so-called replacement level player, as in a warm body you could call up from the minors. Franco's season-long WAR is minus-0.7. That means the Phils could summon any schmo taking infield at Lehigh Valley and he'd theoretically contribute more than Franco has so far.

More worrisome is what you observe watching Franco day after day. On defense, he appears lackadaisical. At bat, his approach seems to be to get up, swing from

his heels and go sit down. Saturday night, he got ahead in the count three times, and ended up with two pop-ups and a strikeout. Several times he swung hard enough to lodge off his batting helmet.

On Sunday, with the Phils down 3-1 in the seventh, Franco flailed at six straight pitches by Arizona's Tyler Clippard — several of which were out of the strike zone — before popping out. He looked like a guy determined to get things over with so he could get to the postgame buffet.

Soon after that plate appearance, broadcaster Matt Stairs told a story of how the 2015 Marlins busted third-year outfielder Marcel Ozuna to the minors for loafing. This year Ozuna is back and hitting .312. While Stairs never tied Franco to the story or called for his demotion, he would not be the



Will Maikel Franco get back to his hard-hitting dynamic self at the plate again? GETTY IMAGES

first person around Citizens Bank Park to think Franco might benefit from a cold reality check. Clearly, moving him up and down in the batting order doesn't seem to do the trick.

Hey, maybe Franco's feeling the effects from that sprained knee, although his woes precede

that. And Franco showed last season that he's a late starter. He was hitting just .194 with three homers last June 1, and finished at .280 with 14 homers. Players go through slumps.

But watching Franco, this seems more than just stats or a cold spell. The Phils have 10,000

problems right now, but a potentially great third baseman playing without an apparent clue is as worrisome as any. We all believe Franco is capable of snapping out of it. Here's hoping Mackanin, general manager Matt Klentak and Franco himself figure out how to get him to do that soon.



The only thing more frustrating than being a Phillies fan is being a Phillies player. GETTY IMAGES

Phillies putrid offense historically bad

It's hard to win baseball games without scoring runs.

The Phillies had won their fair share during April and May, somehow, scraping by with a relatively impressive 26-26 mark. But the squad has gone 4-15 in June and has fallen back to earth. Way back to earth.

Philly has the least

runs in the majors with 221, a total so low it put them in contention (albeit perhaps an outside shot) for accumulating the fewest runs in a season ever — the 372 runs scored by St. Louis in 1908 during the dead-ball era. The numbers suggest Philly will, just barely, eclipse that embarrassing achievement.

"I feel like we're snake-bitten on offense," Phillies' manager Pete Mackanin said after a loss to the Diamondbacks.

Just look at the stat sheet and you'll see slumping player after slumping player — like Ryan Howard, Maikel Franco, Tommy Joseph, Freddy Galvis and so on.

It seems unlikely that

reinforcements, short of some new unproven prospects like J.P. Crawford or Dylan Cozens, will come to the Phillies rescue. As can be seen on the field most nights, the Phillies are a few years away from being big buyers on the free agent market.

Until then, all Mackanin can do is tinker, coach and pray. EVAN MACY

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If you're a sports fan, you've probably been "Tyson-ed" more than a few times.

During Mike Tyson's heyday in the boxing ring, fans would dish out a pretty penny on Pay-per-view TV to see Iron Mike flex his muscle. But because Tyson was so good, routinely knocking out opponents in the first or second round, consumers often felt ripped off by dishing out big bucks for five minutes worth of action.

People who attend sporting events in person are also "Tyson-ed" from time-to-time as there's no guarantee that you're going to witness a good game despite the ungodly amount of money pro sports tickets cost in 2016.

A new secondary market ticket company called GameHedge, however, is looking to rewrite that narrative. The company last week announced that it will offer 50 percent refunds



If the Phillies lose by five or more runs at home, you can get a 50 percent refund on the price of your ticket. GETTY IMAGES

of their ticket prices if a consumer attends a game in which the home team is blown out. For instance, if you buy a Phillies ticket off of GameHedge for \$100 and the Phils lose at Citizens Bank Park by five or more runs, you'll get \$50 back.

"I'm a huge sports fan and I've been to many games," GameHedge founder Warren Friss told Metro. "I've had some amazing experiences but there are also times where you walk out of the game

and you're just really disappointed that you spent so much money on such a bad game. You're fighting traffic, paying for parking, paying for concessions and the team doesn't do anything for you. In other businesses — like, if you go to a five-star restaurant and you're dissatisfied, the restaurant will do something to make it right. That doesn't happen in sports."

Friss has done the math, and 1 in 8 MLB games qualifies for the guarantee.

So how do they make money?

Comparing ticket prices in regards to an upcoming Phillies — Royals game in Philly, a ticket in the Terrace Deck 431 is going for \$14 on StubHub. On GameHedge a similar ticket is going for \$16. GameHedge tickets are slightly higher across the board, but they're banking on people going to them based on the blowout guarantee.

GameHedge plans to implement the same

type of good game guarantee for other major sports as well. For example, if an NFL team loses at home by 14 points or more, the consumer will get the refund, Friss says.

Changing the landscape

It's a very interesting time period when it comes to live sporting event attendance and the ticket industry. For instance, the NFL is so good on TV (the league again broke its own

TV ratings records last season) that there is worry that fans will opt to stay home over going through the hassle and spending the money it takes to go to the live event. SportsBusinessDaily reported in January that the NFL saw a small regular season attendance decline in the 2015 season and that there were just 12 teams in the league that played at 100 percent capacity in all of their home games. In response to this trend, the NFL has done things like installing its popular RedZone channel on TV monitors throughout their stadiums on game days. Time will tell if tweaks like that work.

Ticketmaster

Secondary sites like StubHub began popping up in part because of consumers' dissatisfaction with Ticketmaster, which had something close to a monopoly on the industry at the turn of the century. On Monday it was announced that around 50 million people are in line to receive vouchers for free tickets because of a class-action lawsuit over Ticketmaster's ticket fees.

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Pursuant to an order of Hon. Brian T. Mahon, Judge, a hearing will be held at Central Connecticut Regional Children's Probate Court, 1501 East Main Street, Suite 203, Meriden, CT 06450 on July 26, 2016 at 9:00 AM on an application for Temporary Custody Pending Removal of Guardian concerning a certain minor child born on November 26, 2008. The Court's decision will affect your interest, if any, as in said application on file more fully appears.

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Philip A. Wright, Jr., Administrative Judge

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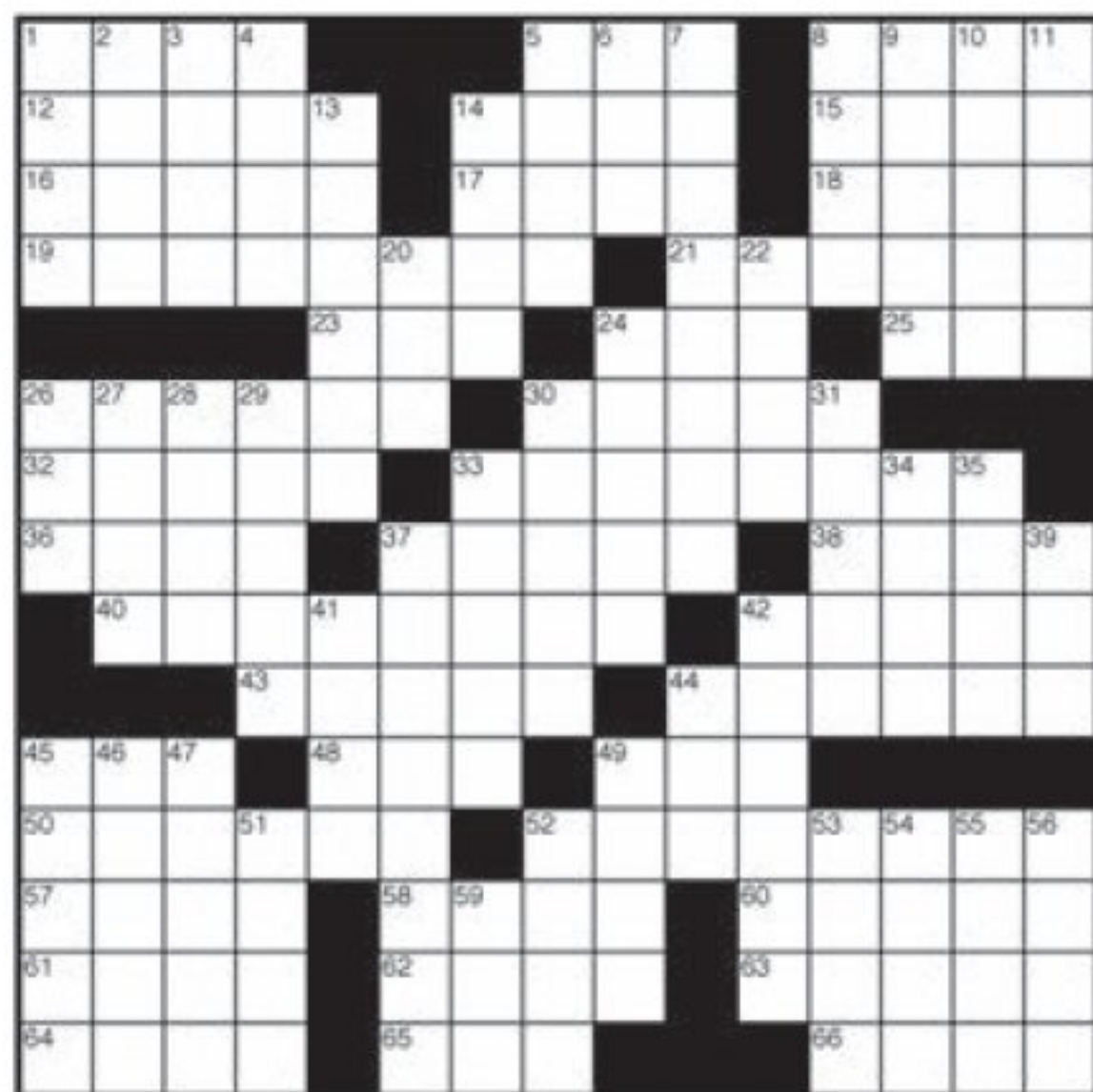
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- 14 Felipe or Moises
- 15 Faculty honcho
- 16 Sleuth's clues
- 17 Now, to Caesar
- 18 Bill, briefly
- 19 Arson
- 21 Not as dull
- 23 Byron work
- 24 Gun the engine
- 25 — you serious?
- 26 Vestibules
- 30 Check endorser
- 32 Flee to the JP
- 33 Halls packet
- 36 Rochester clinic
- 37 Buenos —
- 38 "Pretty Woman" actor
- 40 Ballroom dances
- 42 Nut holders
- 43 Knitting basics
- 44 Toto's home
- 45 ICU units
- 48 More, in Mexico
- 49 Gob of bubblegum
- 50 Gone bad
- 52 Cheerfully
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- 10 Weaker, as an excuse
- 11 — nous
- 13 On dry land
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- 20 Ego companions
- 22 Flush with
- 24 Brings down the house

- 26 Not masc.
- 27 Viking name
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- 63 Rodeo noose
- 64 Twig juncture
- 65 Tractor-trailer
- 66 Blended whiskeys

Down

- 1 Druid
- 2 Two-piece cookie
- 3 Fact fudger
- 4 "Back in Black" group
- 5 Fake coin
- 6 Cl- or Ca++
- 7 Horse chestnuts
- 8 Dept. store inventory

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easy

		3				1	8	
2	4	6	3				5	
		1	9					6
			5			9		1
			1		4			
4		5			3			
1					7	3		
	9				1	6	7	4
	8	7				2		

hard

	2					7		3
				6			1	2
		4		2	3	6	8	5
				9		8		
				2	8	4		
		7		3				
9	7	2	8	1		3		
4	5			7				
6		1						2

metro.us/horoscopes



Aries Emotions will spin out of control. Don't lose your composure when dealing with people who can affect your status, reputation or position. Back away from a power struggle.



Taurus Learn as you go. If you ask questions, you'll get answers that will help you formulate a strategy. Partnerships will be important to any personal or professional changes you make.



Gemini Gaining monetary freedom should be your intent. It's difficult to get ahead if you are falling behind financially. Don't buy in to a fast-cash scheme and don't pay for others.



Cancer You can alter your future if you follow your heart and make a change. Love, romance and relationships are highlighted. Don't be afraid to embrace something or someone new.



Leo Helping others will make you feel good, but don't let anyone take advantage of your generosity. Use your intelligence, and know when to back away.



Virgo Let your heart lead the way. You'll face opposition if you refuse to give in to demands or ultimatums. A work-related function could be eye-opening. Romance is featured.



Libra You must rely only on yourself if you want things done a specific way. Keep careful track of your expenses and budget. Don't let domestic problems spoil your professional productivity.



Scorpio You'll have everything under control. Your astute and skillful way of handling matters at home and work will be acknowledged. Celebrate your achievement.



Sagittarius Do your own fact-finding. Good results will ensue if you are careful about how you spend your cash. A change at home will lead to greater security.



Capricorn Your persuasive tactics will pay off. Don't worry about someone who heads in a different direction. You are best off surrounding yourself with people eager to help you.



Aquarius An important relationship will need nurturing. Discussions regarding plans will help ensure a happy home and give you room to focus on your professional goals.



Pisces Don't expect everyone to like your decisions. It's you who has to feel content with the outcome. Celebrate with people who support your choice. EUGENIA LAST

Yesterday's answers



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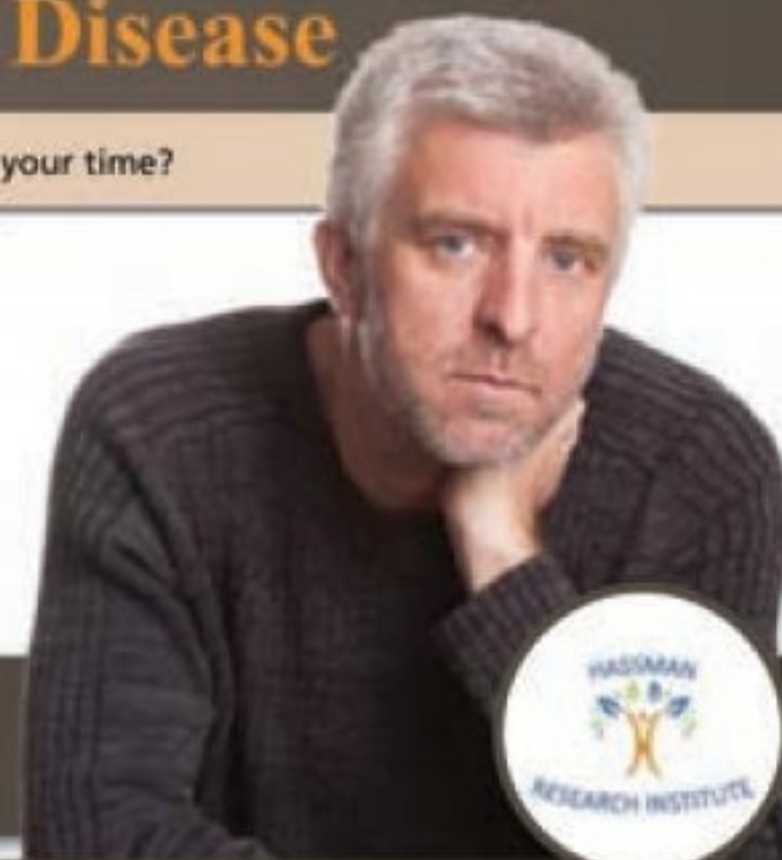
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- **Have moderate to severe liver disease, including but not limited to:**
 - Liver failure (idiopathic) ◦ Cirrhosis ◦ Decompensated Hepatitis C ◦ Cancer
- Insurance is not required to participate, and all study-related care and study medications are provided at no charge.
- Transportation and compensation up to \$1,450 for time and travel may be available.



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Qualified participants receive:

- All study-related evaluations and study medication at no cost
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